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Herbal Medicine: 100 Key Herbs with All Their Uses as Herbal Remedies for Health and Healing

By Christine Adams MD

Createspace, United States, 2014. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.WHY HERBS IN OUR DIET.? THE BENEFITS OF HERBS ARE ENDLESS. IN FACT, HERBS ARE MEDICINES IN SMALLER DOSAGES Herbs contain a host of antioxidants, vitamins, minerals, essential oils and phyto-sterols that help to armor our body to fight against germs, protect against toxins, and boost our immune system. Various volatile oils, vitamins and antioxidants found in herbs are said to have cytotoxicity action against colon, prostate, pancreatic and endometrial cancer cells. Herbs have been shown to contain unique compounds that reduce blood sugar levels in people with diabetes. In addition, they can decrease total cholesterol as well as blood pressure therefore preventing against heart disease and stroke. Other chemical compounds in herbs have stimulant, analgesic, diaphoretic, carminative, aphrodisiac, digestive, lipolytic (weight loss) and deodorant action when taken in appropriate doses. Herbs have been found to have an anti-inflammatory effect due to the presence of essential oils they contain; they inhibit the the enzyme cyclooxygenase (COX) which is responsible for mediating the inflammatory cascade in the body. This means that herbs can potentially relive symptoms associated with rheumatoid...



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Reviews

I actually started looking over this publication. It really is rally interesting throgh studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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Good electronic book and valuable one. It really is basic but unexpected situations in the 50 percent in the pdf. You wont really feel monotony at at any moment of your time (that's what catalogues are for concerning when you ask me).

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